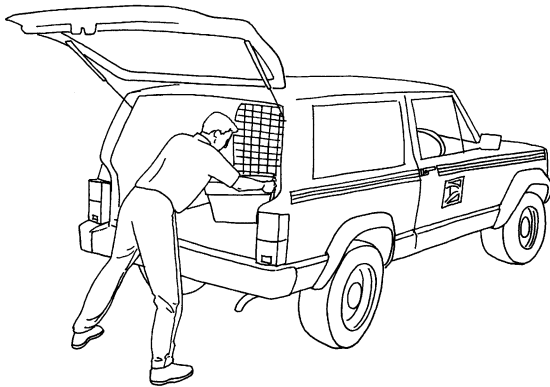
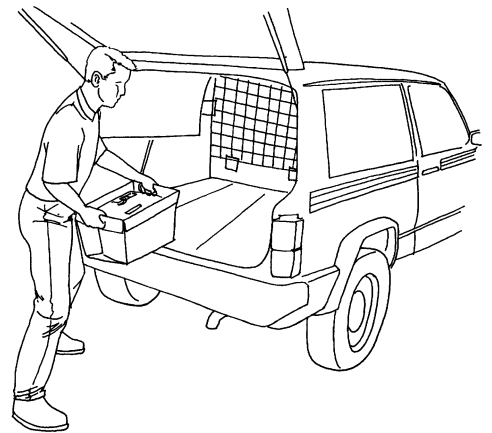


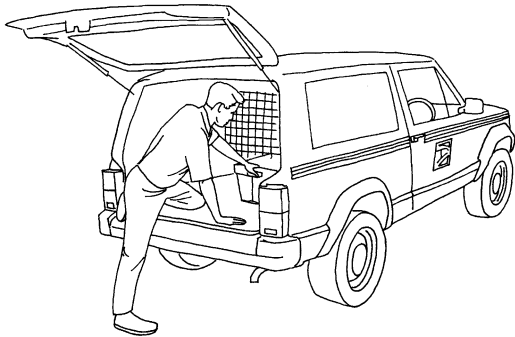
It is never necessary to use your back for loading or unloading postal vehicles. As seen to the left there are many ways of using your legs if you are willing to use a little creativity and your knowledge of POWERLIFT® technique.

As seen to the right the simplest method of removing mail from the back of the vehicle, especially if the mail is close to you, is to use a standard wide stance POWERLIFT®. The key element here is not to lift the load off of the back of the vehicle but rather to slide it to you. Note that the worker is standing at a 45° angle to the back of the vehicle. This opens up the area in front of him so that he can very easily pull the load to the front of his body then lift it.



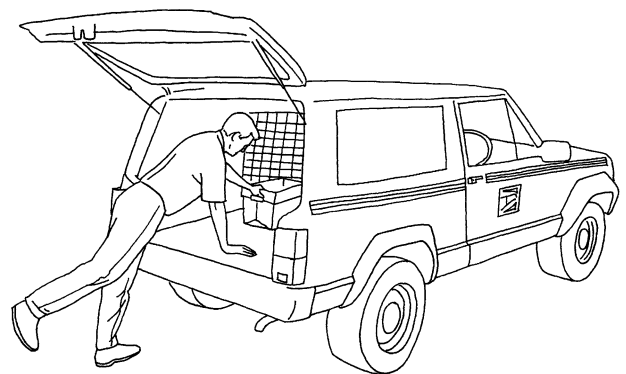
If the load is farther into the back of the vehicle a Lean Bar Technique can be of great value. Remember to keep a wide stance and bend your knees as you lean into the bumper. This will put most of the pulling force into your legs, taking it off of your back.

## LOADING AND UNLOADING THE VEHICLE



To reach even further into the back of the vehicle place one knee inside. This automatically extends your reach simply because you are partially inside and closer to the load.

The farthest reach inside the back of the vehicle can be accomplished with a Golfer's Bend. Notice that the lifter is using a crossed-over Golfer's Bend. While his right hand is supporting and balancing him his left foot stays on the ground. A cross-over like this will provide for the longest reach with the most stability.



Last but not least, you may wish to resort to an ergonomic solution for this job. As seen in the illustration, this worker is utilizing a windshield ice scraper as a handle and hook to pull the letter tray towards him. A better idea would be to fabricate a tool designed specifically for this job. As you can see this ergonomic solution greatly reduces the need to stretch and reach for the load.

As with all of the examples above once the load has been pulled to the rear of the vehicle use the very first lift outlined in this Mini-Session to finish the job. That is, stand in a wide stance at a 45° angle to the rear of the vehicle and pull the load to you before lifting it. These techniques will result in good use of the legs with very minimal use of the back.

## LOADING AND UNLOADING THE VEHICLE

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